

MEMORANDUM

November 17, 2011

TO: Education Committee

FROM: Jennifer Renkema, Research Associate *JR*
Office of Legislative Oversight

SUBJECT: **Follow-up Discussion - OLO Report 2012-1: Food in Montgomery County Public Schools (MCPS)**

On November 21, 2011, the Education Committee will hold a follow-up discussion on Office of Legislative Oversight (OLO) Report 2012-1. The Council formally received and released the report on July 19, 2011 and held an initial worksession on the report on September 12, 2011. The report describes the policies and practices that shape MCPS' delivery of food in schools and innovative approaches to school food that are being implemented by other school systems. Copies of the full report are available online at www.montgomerycountymd.gov/olo and in alternative formats upon request to OLO.

The focus of today's worksession is a discussion with school food leaders from private industry and other school systems to help the Committee gain a better understanding of the experiences of other jurisdictions that have implemented school-based practices aimed at encouraging students to eat healthier foods.

The following participants are expected to attend the ED Committee worksession:

- Sandra Schlicker, Director of Health and Wellness Services, Offices of the State Superintendent of Education, Washington, DC
- Mitch Mitchell, Regional Vice President, Revolution Foods
- Meg Simone, Thompson Hospitality, Inc.
- Whitney Bateson, Thompson Hospitality, Inc.

Each of these participants works directly with the District of Columbia Public Schools (DCPS). Representatives from DCPS, which was cited in the report as an innovative district, were also invited to participate in the worksession but were unable to attend. In addition, representatives from Baltimore City Public Schools, also cited in the report, were invited but were unable to attend.

Marla Caplon, Director of Food and Nutrition Services (DFNS) for MCPS will also be present and available to answer questions. OLO recommends the Committee worksession begin with brief presentations from the meeting participants, followed by questions from and discussion with Committee members.

A. Background

Councilmember George Leventhal and Council President Valerie Ervin requested this project to gain a better understanding of current MCPS school food practices and to learn about innovative school food practices in other jurisdictions. In response, this OLO report describes how MCPS administers its school food programs, summarizes relevant policies, and presents DFNS revenue and expenditure trends. It also identifies trends in school food practices and offers case studies of school food service initiatives in nine other jurisdictions.

At the September 12 worksession, Councilmembers received a briefing from OLO on the report. OLO noted that while MCPS' Division of Food and Nutrition Services (DFNS) meets or exceeds federal and state requirements for food nutrition and administration, opportunities exist for the school system to engage in additional efforts that promote healthy eating.

The Committee also discussed report findings with MCPS representatives, including student participation levels, current MCPS efforts to improve healthy eating, and fiscal challenges facing DFNS. Additionally, Councilmember Leventhal raised questions about MCPS's goals for the HealthierUS Schools Challenge Program and the current status of school gardens. Follow-up information on these topics is included at © 5.

B. Recommended Discussion Questions

OLO's report discussed a variety of "best practices" in other jurisdictions. In order to learn more about innovative or recent practices, the Committee requested a follow-up meeting with school food experts from private industry and other jurisdictions. Attached are materials that provide some background information about today's meeting participants, including:

- An excerpt from OLO Report 2012-1 summarizing school food service in DCPS, including the DC Healthy Schools Act (© 7).
- Sample menus from Thompson Hospitality (© 8) and Revolution Foods (© 11) that have been used in DCPS.

Following brief presentations from meeting participants, OLO staff recommends that the Committee engage the participants in discussion. Questions that Councilmembers could consider include:

- Where and how is food prepared and delivered to students?
- What steps have you taken to improve the nutrition of school food? What did you do to make sure the changes you made matched the interests and taste of the students?
- What reaction did you receive from students and schools as a result of the changes you made?
- What would you describe as your biggest successes in encouraging students to eat healthy foods?
- What are some of the challenges you encountered?
- How have you addressed the cost of serving healthier food to students?

C. Next Steps

The ED Committee will receive an update from MCPS representatives on the proposed plans for relocating the Central Production Facility to the Webb Tract as part of the County's Smart Growth Initiative at the December 5 worksession.

Attachments	Page
Executive Summary, OLO Report 2012-1	© 1
Responses to September 12 School Food Worksession Follow-Up Questions	© 5
Case Study on DC Public Schools, excerpt from OLO Report 2012 - 1	© 7
Sample Thompson Hospitality Elementary and Secondary Menus	© 8
Sample Revolution Foods Elementary and Secondary Menus	© 11

FOOD IN MONTGOMERY COUNTY PUBLIC SCHOOLS

OFFICE OF LEGISLATIVE OVERSIGHT REPORT 2012-1

THE ASSIGNMENT

This report responds to the Council's request for the Office of Legislative Oversight (OLO) to review the policies and practices that shape Montgomery County Public Schools' (MCPS) delivery of food in schools and to research approaches to school food in other jurisdictions. This report describes MCPS' administration of nutrition programs, relevant policies, Division of Food and Nutrition Services (DFNS) budget data, and offers case studies of school food practices in nine school systems.

Overall, OLO found that MCPS complies with or exceeds federal, state, and local requirements for school food, and has implemented a variety of practices aimed at encouraging students to eat healthier foods. However, OLO also found that DFNS has not pursued these practices as vigorously as some other school systems.

DIVISION OF FOOD AND NUTRITION SERVICES REVENUE AND EXPENDITURES

In MCPS, DFNS administers the school system's nutrition programs. For two years, DFNS has operated at a deficit. In FY10, DFNS earned \$40.3 million, spent \$41.9 million, and received a \$1.8 million transfer from the MCPS general fund to cover the shortfall. In FY11, DFNS anticipates \$42.6 million in revenue and \$43.4 million in expenditures. MCPS has yet to decide how it will address the FY11 deficit.

DFNS has three revenue sources: federal and state government dollars (55%); sales of reimbursable school meals (27%); and sales of a la carte/snack items (17%). Employee salaries and benefits account for 67% of DFNS expenditures and the cost of food comprises another 29% of the DFNS budget.

DFNS PROGRAMS AND SERVICES

There are two categories of school food: reimbursable food programs and competitive food sales. Reimbursable food programs are school nutrition programs supported by federal and/or state revenue. DFNS manages the seven programs listed below. If DFNS meets specified nutrition standards, federal and state revenue reimburses DFNS for each meal or snack it serves. Family income levels determine students' meal prices, and reimbursement rates vary by meal price. So, a free meal for students with family incomes below 130% of the federal poverty limit is reimbursed at a higher rate than a full-price meal for students with family incomes above 185% of the federal poverty limit.

DFNS Reimbursable School Meal Programs, FY11

Program	Description	# of Sites
School Lunch Program	Lunches offered for all students at free, reduced, or full-price.	All schools
School Breakfast Program	Breakfasts offered for all students for free, reduced, or full-price.	All schools
Maryland Meals for Achievement	Free, in-classroom breakfast to all students in participating schools. Schools must have at least a 40% FARMS enrollment and approval by the Maryland State Department of Education (MSDE).	30 schools
Afterschool Snack Program	Free snack for students in afterschool activities with an academic component at participating schools.	51 schools
Fresh Fruit and Vegetable Program	Mid-morning snack of a fresh fruit or vegetable two or three days per week. Schools must have at least a 50% FARMS enrollment and approval by MSDE.	7 schools
At-Risk Afterschool Supper Program	Meal for students in afterschool activities with an academic component at participating schools. Schools must have at least 50% FARMS enrollment or a service area that includes such a school.	18 schools
Summer Food Service Program	Breakfast and lunch during the summer at qualifying school and community sites. All participating children are eligible for free meals.	115 sites*

* FY10 number of sites.

FOOD SALES, PARTICIPATION, AND REGULATION

“Competitive” food in schools refers to food items that are sold instead of or in addition to reimbursable food items. The table below describes the competitive foods sold in MCPS schools. DFNS approves and monitors the sale of most competitive foods sold in MCPS, with the exception of fundraiser foods. All competitive foods that are sold during the school day must meet the nutrition requirements of the MCPS Wellness Policy.

Competitive Foods Sold in MCPS Schools

Food Type	Description
A la carte sales	All school meal items may be purchased a la carte. In addition, DFNS approves additional sides, snacks, and desserts (e.g., chips, cookies, snack cakes). Exact offerings vary from school to school.
DFNS kiosks and school stores	DFNS kiosks sell items that are available on cafeteria serving lines, including a la carte items and selected reimbursable meal items. School stores sell snacks and beverages selected by the school.
Vending machines	DFNS monitors the MCPS vending machine contract. Items sold during the school day are approved by DFNS and must meet MCPS Wellness Policy guidelines.
Fundraisers	Decisions about foods sold for fundraisers are made by school staff and parent teacher associations rather than by DFNS personnel. Fundraisers may include partnerships with restaurants (including fast food establishments) and sales of baked goods, sweets, and pizza.

STUDENT PARTICIPATION

Any MCPS student may purchase a school lunch or school breakfast; students from low-income families earning up to 185% of the federal poverty level may qualify for free or reduced-price meals (FARMS). FY11 data indicate that:

- The School Lunch Program, MCPS’ largest program, averaged over 57,000 meals per day. 78% of students enrolled in FARMS participated compared to 23% of students who paid full-price.
- The School Breakfast Program, MCPS’ second largest program, averaged 21,000 meals per day. Half of these meals were served in the 30 schools that participated in Maryland Meals for Achievement. 36% of students enrolled in FARMS participated compared to 5% of students who paid full-price.
- Overall, 58% of elementary school students and 29% of secondary school students participated in the School Lunch Program. This reflected a slight increase from FY10, when 54% of elementary and 28% of secondary school students participated.

SCHOOL FOOD POLICY AND REGULATION

United States Department of Agriculture (USDA) sets nutrition standards for foods sold in meal and snack programs and requires school systems to offer free and reduced-price meals and to establish wellness policies. Recent Maryland State Department of Education reviews found that MCPS complies with all federal requirements.

Further, the standards in MCPS’ Wellness Policy for competitive foods sold in schools exceed federal and state regulations. Specifically, MCPS’ policy requires that all competitive foods sold during the school day be sold in single serving sizes; it limits fat, saturated fat, and sugar content; and it limits competitive beverages to water, flavored water, juice with a minimum of 50% fruit juice, milk, and sports drinks (in the physical education area). Foods that do not meet these standards may only be sold after the school day ends.

In December 2010, Congress passed the Healthy, Hunger-Free Kids Act, which reauthorizes federal child nutrition programs. Under this act, the USDA has proposed new requirements for breakfast and lunch meals that would increase daily servings of vegetables, fruits, and whole grains; implement a minimum and maximum calorie range; and set a maximum amount of sodium per meal. The USDA is also expected to propose requirements for competitive foods. It is not clear whether these requirements will be more strict than current MCPS standards.

RECENT SCHOOL FOOD TRENDS

School systems across the country are implementing a variety of practices to improve their students' choice and consumption of healthy food in schools. The table below identifies eight emerging school food trends, summarizes MCPS activities and describes activities in other jurisdictions. Overall, DFNS has implemented a variety of innovative school food practices, but DFNS has not pursued these practices as vigorously as some other school districts.

School Food Trends	MCPS Practices	Other School System Practices
Trends that focus on enhancing the nutrition of school food		
Menu Revisions for Reimbursable Meals	<ul style="list-style-type: none"> Meets HealthierUS Schools Challenge <i>bronze</i> award for elementary menus Eliminated trans fats Reduced sodium content of foods 	<ul style="list-style-type: none"> <i>Baltimore City</i> – Expanded menu to a 6-week cycle to include and introduce healthier foods <i>Chicago</i> – Adopted HealthierUS School Challenge <i>gold</i> nutrition standards for menus <i>District of Columbia</i> – Adopted Institute of Medicine nutrition standards for meals
Competitive Foods	<ul style="list-style-type: none"> Limits sales of high fat/sugar competitive foods and beverages during the school day 	<ul style="list-style-type: none"> <i>Boulder, CO</i> – Reduced number of a la carte offerings
Salad Bars	<ul style="list-style-type: none"> Offers as reimbursable meal in one middle school Offers a la carte in nine middle and high schools 	<ul style="list-style-type: none"> <i>Chicago</i> – Offers reimbursable salad bars in one-third of elementary schools <i>District of Columbia</i> – Added reimbursable salad bars to 12 schools in FY11
Healthy Food Marketing	<ul style="list-style-type: none"> Offers Fresh Fruit and Vegetables Program in eligible schools Posts menu and calorie information in cafeterias 	<ul style="list-style-type: none"> <i>Anne Arundel County</i> – Offers students “all you can eat” fruits and vegetables with school meals; offers students samples of new fruits and vegetables with meals once a month
Processed Foods	<ul style="list-style-type: none"> Offers processed and cooked-from-scratch foods Reduced sugar in flavored milk 	<ul style="list-style-type: none"> <i>Boulder, CO</i> – Eliminated processed foods and flavored milk; introduced roasted chicken
Student Involvement	<ul style="list-style-type: none"> Conducts student taste testing of all new menu items Conducts student focus groups 	<ul style="list-style-type: none"> <i>Fairfax County</i> – Uses student tasting parties to compare and rate potential new products and set criteria before bidding for a product
Local Produce	<ul style="list-style-type: none"> Serves Maryland produce during Homegrown School Lunch Week Requests that vendors purchase locally grown produce when available 	<ul style="list-style-type: none"> <i>Chicago</i> – Purchases locally-grown, flash frozen produce <i>District of Columbia</i> – Purchases 20% of produce from mid-Atlantic region
School Gardens	<ul style="list-style-type: none"> Published guidelines for planting container gardens of edible plants Integrates efforts into classrooms but not into the cafeteria 	<ul style="list-style-type: none"> <i>Alexandria City</i> – Uses vegetables not eaten in the classroom for chef salads in the cafeteria
Strategies that focus on increasing reimbursable meal participation		
School Breakfast, Lunch, and Other Reimbursable Meals	<ul style="list-style-type: none"> Participates in free breakfast in classrooms program in 30 schools Eliminated \$0.30 charge for reduced-price breakfasts Piloted breakfast to-go programs in three schools in FY11 	<ul style="list-style-type: none"> <i>District of Columbia; St. Paul, MN</i> – Offers breakfast to go and in-classroom breakfast programs district wide <i>Pinellas County, FL</i> – Offers vended reimbursable lunches in two high schools

OLO recommends the Council discuss the following four issues with MCPS representatives in order to improve the Council's oversight of funds appropriated to MCPS for school food and nutrition.

Discussion Issue #1: Additional steps to encourage students to consume healthier foods in school

MCPS engages, to some degree, in all of the aforementioned practices for improving school food. MCPS has also been recognized by the USDA's HealthierUS Schools Challenge program and the Physician's Committee for Responsible Medicine for its nutritious menus. Nonetheless, OLO found that some school districts have done more to encourage students to eat healthier foods. Recommended questions for discussion include:

- What opportunities exist for MCPS to implement additional strategies aimed at improving its customer satisfaction goals and encouraging students to consume healthier foods? What barriers exist?
- How will MCPS determine whether to expand pilot school food programs to other schools?
- What lessons from other school systems might inform MCPS' efforts to improve school food?

Discussion Issue #2: Student participation in school breakfast and lunch programs

MCPS participates in every federal and state nutrition program available to the school system, but the school breakfast program may be underutilized and students eligible for free and reduced-price meals participate in lunch and breakfast programs at much higher rates than students who pay full price. Questions to consider include:

- What opportunities exist to increase participation in school breakfast programs? What are the barriers?
- What opportunities exist to increase student participation in school lunch programs, particularly among students/families that pay full-price for school meals? What are the barriers?
- What lessons from other school systems might inform MCPS' efforts to improve student participation?

Discussion Issue #3: Additional performance measures to track school food quality and nutrition

DFNS' participation and customer satisfaction goals help track its progress in providing "appealing, quality, and nutritious meals." MCPS' school meal participation rates are increasing and are close to reaching targeted goals. DFNS, however, has fallen short of its target of an 85% or higher satisfaction rating from parents or students. Additional measures tied to student participation by FARMS status or participation rates at peer school districts may provide a more complete picture of DFNS performance. Recommended questions to consider include:

- What rationale did MCPS use to develop its measures for student participation and customer satisfaction?
- Has MCPS considered tracking performance benchmarks tied to student participation by FARMS status?
- Who does MCPS consider to be their peers in school food service? Does DFNS currently benchmark their performance with these peers?

Discussion Issue #4: Recent deficits in the food service enterprise fund

DFNS is designed to be a self-sustaining operation, but experienced a deficit in FY10, anticipates a deficit for FY11, and loses 50 cents for each free and reduced-priced lunch it serves. Questions for discussion include:

- What are MCPS' actual costs per reimbursable meal served?
- What are the key reasons for DFNS' recent annual deficits?
- What are MCPS' plans for eliminating these deficits going forward?
- How will the proposed relocation of the DFNS Central Production Facility affect MCPS' goals to deliver school nutrition in an efficient and cost effective manner?

For a complete copy of OLO-Report 2012-1, go to: www.montgomerycountymd.gov/olo

Responses to September 12 School Food Worksession Follow-Up Questions

At the September 12 worksession on OLO's report *2012-1: Food in Montgomery County Public Schools*, Councilmember Leventhal raised a few questions specific to food in MCPS, specifically regarding HealthierUS Schools Challenge Awards and school gardens. This attachment provides responses to these questions about school food in MCPS.

A. HealthierUS Schools Challenge Program

At the September 12 worksession, MCPS highlighted their achievement in receiving the bronze award for all elementary schools through the USDA's HealthierUS Schools Challenge Program. This program sets standards for school food nutrition, nutrition education, and physical education that go beyond the basic requirements for school nutrition programs. For example, to receive a bronze award schools must serve a different vegetable every day of the week and must provide a serving of whole grain at least three days per week. Schools can earn a bronze, silver, gold, or gold with distinction award. Different standards are in place for elementary and secondary schools, and awards are given to individual schools rather than to school districts.

During the worksession, Councilmember Leventhal asked what it would take for MCPS to achieve a higher level award. In short, by meeting the requirements for a bronze award, MCPS has already met most of the nutritional requirements for the higher level awards for elementary schools. Primarily, moving to higher level awards would require MCPS to meet higher standards for lunch participation and physical education. Specifically, MCPS would have to meet the following *additional* requirements:

- To earn a **silver award** a school must have an average lunch participation rate of 60%. (There is no participation requirement for the bronze award.) Physical education and nutritional requirements are equivalent to those for the bronze award.
- To earn a **gold award**, a school must have an average lunch participation rate of 70%. Physical education must average 90 minutes per week. They must offer fresh fruit at least twice per week, and a whole grain must be offered daily.
- To earn a **gold award with distinction**, a school must meet all of the criteria for the gold award. In addition, schools must either reduce sodium content for competitive food offerings (i.e., foods sold that are not part of a school meal or snack program) *or* average 150 minutes per week of physical education.

MCPS provided the following additional information about the Division of Food and Nutrition Services' plans to apply for and make changes to their menus to qualify for higher level awards:

1. Excluding the participation requirement, what would MCPS need to change to meet the requirements for the gold or gold with distinction awards for elementary schools?

MCPS' reimbursable meals and a la carte offerings in elementary schools meet the standards for the gold level award. However, in order to meet the other requirements for the gold level, a minimum of 90 minutes per week of structured physical education throughout the year would need to be provided. To meet the gold with distinction level, schools would need to provide a minimum of 150 minutes per week of structured physical education throughout the school year or stricter sodium requirements plus a minimum average of 90 minutes per week throughout the year.

2. Does MCPS intend to pursue the higher level awards for schools that qualify based on participation rates? Which schools could qualify for higher level awards?

Currently, an application has been completed for 56 elementary schools that are eligible for the Silver level of the HealthierUS Schools Challenge Award.

3. Has MCPS explored applying for a HealthierUS Schools Challenge Award for secondary schools? If yes, for what level? If no, what would MCPS need to do in order to apply?

A plan exists for application to be made for all secondary schools at the bronze level. Based on participation percentages, application for higher level awards will subsequently be made for schools that qualify. Currently, our reimbursable meals already meet the guideline criteria for a gold award. We are collaborating with vendors to provide us with a la carte items that meet the HealthierUS Schools Challenge guidelines. As an example, all of our a la carte offerings are healthy, but at the middle school level, the container size for juice can be no larger than 6 oz. In order to support our need to be fiscally responsible, it is important that we have appropriate replacements before we discontinue current items.

B. School Gardens

At the time of the report, MCPS reported that there were 20 – 25 schools that had gardens with edible plants. Many of these gardens were container gardens. Most schools planted salad greens and other foods that could be planted and harvested before the end of the school year to eliminate the need for garden care during the summer.

Last school year, outdoor education staff provided a professional development container garden workshop and offered a mini-course in school gardening for school staff who were interested in planting a garden. Staff were planning to hold similar trainings this fall to prepare interested teachers and staff for gardening next spring. The Outdoor and Environmental Education website also provides information on planning and planting a school garden.

During the September 12 worksession, Councilmember Leventhal asked about the current status of school gardens at MCPS. Information provided by MCPS following the worksession indicates that the number of school gardens has not changed substantially since last spring, with about 20 schools maintaining fall gardens.

District of Columbia Public Schools

Enrollment: 45,000

Schools: 125

FARMS: 73%

DC Healthy Schools Act (reducing processed foods, increasing participation, purchasing locally grown produce, offering salad bars). In 2010, the District of Columbia City Council passed the DC Healthy Schools Act. This act includes several provisions related to school food practices:

- All schools must offer universal free breakfast; schools receive additional reimbursement for meals served to students with reduced-price and paid meal status;
- Schools with 40% or more FARMS enrollment must serve in-classroom breakfast (elementary schools) or breakfast to go (middle and high schools). Other schools may choose to serve breakfast using one of these models;
- Reduced-price lunches are now served free and schools receive additional reimbursement;
- Lunches must meet HealthierUS Schools Challenge Gold Award nutrition standards, and breakfast and lunch must meet even stricter standards for saturated fat, trans fat, and sodium content;
- Requires DCPS to purchase 20% of produce from the mid-Atlantic region, and provides additional reimbursement for serving a local food in every meal. Requires schools to report where all foods are from and whether they were sustainably produced;
- Encourages serving unprocessed foods; and
- Requires competitive foods to meet HealthierUS Schools Challenge Gold Award Standards.

As a result of this act, DCPS made numerous changes to their school food programs, including:

- Implementing nutrition requirements based on IOM guidelines (which are stricter than the HealthierUS Schools Challenge guidelines required by the Act);
- Requiring school meal vendors to revise the menu to meet the new nutrition requirements;
- Supplying meals made “from scratch” by DC Central Kitchen (a local non-profit organization) to seven schools;
- Supplying unprocessed “heat and serve” meals from a vendor in seven schools with kitchens that are under construction or are otherwise not equipped for more significant food preparation; and
- Adding salad bars in 12 schools.

Revising menus/Involving students in menu design. Changes to the lunch menu initially resulted in a 5% decrease in meal participation, but participation is now 2% above 2009 – 2010 participation levels. Schools with a strong emphasis on nutrition and support from school leaders recovered their participation levels most quickly. To further improve participation, DCPS analyzed purchasing and conducted student focus groups. Based on the findings, less popular menu items will be removed in the coming school year.

Increasing participation (breakfast). All schools now offer universal free breakfast. Currently, 64 elementary schools serve breakfast in the classroom and 24 middle and high schools offer grab and go breakfast. Overall, breakfast in the classroom has been more successful than the grab and go breakfast program. Schools with breakfast in the classroom have experienced, on average, a 25% increase in the number of breakfasts being served, and as high as a 40% increase. In comparison, grab and go breakfast resulted in a 2% increase. Both programs, however, have experienced some resistance from school staff who are concerned about distractions in the classroom, trash, and pest control.

Partnering with chefs. DCPS works with the “Chefs Move to Schools Program” that is sponsored by the USDA. Under this program, local chefs partner with schools for activities such as afterschool cooking clubs and cooking classes, in-class cooking demonstrations, assistance with gardens, offering nutrition education, and providing training to food service staff.

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Elementary (K-5) Lunch Menu

November 2011

The cost of a paid student meal is \$1.35. Per the Healthy Schools Act, there is no charge for reduced meals. Full student lunch includes choice of entrée (meat or meat alternate w/ grain/bread accompaniments), 1-2 vegetable side dishes, 1 fruit side dish, & choice of 1% or skim white milk.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Make your holiday a healthy one by planning ahead and making smart choices at the dinner table. Check out our "Healthy Holiday Tips" down below.	1 Red Chili w/ Beef & Kidney Beans, Topped w/ Shredded Cheddar Cheese Homemade Whole Grain Corn Bread Fresh Carrot Sticks w/ Light Ranch Dressing Locally Grown Pear	2 Homemade Grilled Three-Cheese Sandwich on Whole Wheat Bread w/ Tomato Dipping Sauce Locally Grown Arugula Salad w/ Local Tomatoes & Parmesan Cheese Chilled Peach Cup	3 All Natural Chicken Nuggets w/ BBQ Dipping Sauce Whole Wheat Dinner Roll Seasoned Local Collard Greens Savory Baked Beans Locally Grown Apple	4 Fresh-Baked Homemade Cheese Pizza on Whole Wheat Crust Crunchy Spinach Salad Fresh Banana
7 Rotisserie-Style Bone-in Chicken Whole Wheat Biscuit Caesar Romaine Salad w/ Parmesan Cheese & Croutons Seasoned Pinto Beans Locally Grown Apple	8 Crispy Panko Breaded Fish Sandwich on a Whole Wheat Roll w/ Romaine & Homemade Tartar Sauce Roma Herb Baked Potato Wedges Locally Grown Pear	9 All Natural Meatball Marinara Sub on a Whole Wheat Roll w/ Melted Mozzarella Cheese Chilled Green Bean Salad Baked Local Sweet Potato Half Chilled Pineapple Cup	10 Chicken & Spinach Florentine Whole Wheat Flatbread Locally Grown Broccoli w/ Light Ranch Dressing Roasted Corn & Carrots Chilled Peach Cup	11 Veteran's Day No School
14 All-Natural Chicken Hot Dog on a Whole Wheat Bun Fresh Side Salad w/ Romaine & Tomatoes, Low Fat Salad Dressing Savory Baked Beans Locally Grown Apple	15 Homemade Cheese & Spinach Lasagna Whole Wheat Roll Seasoned Green Beans Chilled Pineapple Cup	16 Teriyaki Chicken & Local Broccoli Stir-Fry Over Whole Wheat Noodles Stir-Fried Fresh Vegetables w/ Napa Cabbage & Local Bok Choy Locally Grown Pear	17 Thanksgiving Dinner Oven Roasted Turkey w/ Gravy Bread Stuffing, Cranberry Sauce Whole Wheat Roll Mashed Potatoes Roasted Local Butternut Squash Chilled Peach Cup	18 Cajun Seasoned Tilapia Broccoli & Cheese Brown Rice Pilaf Locally Grown Garlicky Kale Fresh Banana
21 Cheese Ravioli w/ Zesty Tomato Sauce, Topped w/ Parmesan Cheese Caesar Romaine Salad w/ Parmesan Cheese & Croutons Seasoned Green Beans Locally Grown Apple	22 Charbroiled Beef & Cheddar Cheeseburger (or Plain Burger) on a Whole Wheat Roll Romaine, Tomato, Ketchup & Mustard for Sandwich Topping Fresh Carrot Sticks w/ Light Ranch Dressing Chilled Pineapple Cup	23 BBQ Roasted Bone-In Chicken w/ Homemade Whole Grain Corn Bread Seasoned Local Collard Greens Seasoned Pinto Beans Chilled Peach Cup	24 Have a Happy Thanksgiving with Your Family & Friends!	25
28 Grilled Chicken Sandwich on a Whole Wheat Bun w/ Romaine, Tomato, & Honey Mustard Sauce Roasted Corn & Carrots Savory Baked Beans Chilled Pineapple Cup	29 Red Chili w/ Beef & Kidney Beans, Topped w/ Shredded Cheddar Cheese Homemade Whole Grain Corn Bread Fresh Carrot Sticks w/ Light Ranch Dressing Locally Grown Pear	30 Homemade Grilled Three-Cheese Sandwich on Whole Wheat Bread w/ Tomato Dipping Sauce Locally Grown Arugula Salad w/ Local Tomatoes & Parmesan Cheese Fresh Banana	Healthy Holiday Tip: It's important to enjoy the holidays, but it doesn't mean you have to over-indulge. Choose larger portions of healthier options such as turkey, fresh fruit and vegetables and smaller portions of higher calories foods like mashed potatoes with gravy, bread and butter, and desserts. Healthy Holiday Tip: Choose your favorites – leave off the items that are just there as part of traditional holiday celebrations but not really your favorites. Also, make sure to watch your portion sizes – you can enjoy all your faves in moderation.	

Alternate Cold Menu Choices

Available Daily: Romaine & Tomato Garden Salad w/ Cheese & Light Salad Dressing, Whole Wheat Roll

Mondays:

Turkey Ham & Cheddar Sandwich on Whole Wheat Bread w/ Carrot Sticks & Light Salad Dressing

Tuesdays:

Grilled Chicken Caesar Salad w/ Romaine Lettuce, Whole Wheat Dinner Roll, Light Salad Dressing

Wednesdays:

Grilled Chicken Rotini Pasta Salad w/ Broccoli, Tomatoes, Carrots, Onion, w/ Light Italian Dressing

Thursdays:

Turkey & Provolone Cheese Sandwich on a Whole Wheat Hoagie Roll w/ Cucumber Slices & Light Salad Dressing

Fridays:

Cobb Salad w/ Diced Turkey Ham, Hard Boiled Egg, Cheddar Cheese, Fresh Veggies, Whole Wheat Dinner Roll, Light Salad Dressing

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Middle School Lunch Menu, November 2011

The cost of a paid student meal is \$1.60 (no charge for reduced price students). Full student lunch includes choice of entrée (meat or meat alternate w/ grain/bread accompaniments), 2 vegetable side dishes, 1 fruit side dish, and choice of 1% or skim milk.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Healthy Holiday Tip: It's important to enjoy the holidays, but it doesn't mean you have to over-indulge. Choose larger portions of healthier options such as turkey, fresh fruit and vegetables and smaller portions of higher calories foods like mashed potatoes with gravy, bread & butter, & desserts.	1 Red Chili w/ Beef & Kidney Beans, Topped w/ Shredded Cheddar Cheese Homemade Whole Grain Corn Bread Caesar Romaine Side Salad w/ Parmesan Cheese & Croutons Locally Grown Pear	2 Teriyaki Chicken & Local Broccoli Stir-Fry Over Whole Wheat Noodles Stir-Fried Fresh Vegetables w/ Napa Cabbage & Local Bok Choy Locally Grown Apple	3 Rotisserie-Style Bone-In Chicken Whole Wheat Biscuit Seasoned Locally Grown Collard Greens Roasted Sweet Potato Fries Chilled Pineapple Cup	4 Lemon Pepper Panko Breaded Pollock Whole Wheat Roll Locally Grown Arugula Salad w/ Local Tomatoes & Parmesan Cheese Fresh Banana
7 Basil Pesto Pasta Primavera w/ Chicken, Whole Wheat Spaghetti, & Fresh Diced Tomatoes Topped w/ Parmesan Cheese Roasted Local Cauliflower Chilled Peach Cup	8 Carnitas-Style Beef Soft Tacos in Whole Grain Flour Tortillas Shredded Cheddar, Romaine Lettuce, & Diced Tomatoes for Taco Topping Santa Fe Brown Rice Pilaf Seasoned Pinto Beans Locally Grown Pear	9 Beef Meatball Marinara w/ Whole Wheat Pasta & Melted Mozzarella Cheese Locally Grown Broccoli w/ Low Fat Salad Dressing Chilled Pineapple Cup	10 Crispy Fish Tacos w/ Green Chile Sauce in Whole Grain Flour Tortillas Shredded Red Cabbage & Cilantro Lime Pico de Gallo for Taco Topping Seasoned Black Beans Locally Grown Apple	11 Veteran's Day No School
14 All Natural Chicken Hot Dog on a Whole Wheat Bun w/ Choice of Toppings including Ketchup, Mustard, Relish, White Onions, Shredded Cheddar Savory Baked Beans Roasted Sweet Potato Fries Locally Grown Apple	15 Homemade Cheese & Spinach Lasagna Whole Wheat Roll Seasoned Green Beans Chilled Pineapple Cup	16 Spicy Asian Glazed Chicken Stir-Fried Brown Rice w/ Veggies Stir-Fried Fresh Vegetables w/ Napa Cabbage & Local Bok Choy Locally Grown Pear	17 Thanksgiving Dinner Oven Roasted Turkey w/ Gravy Bread Stuffing, Cranberry Sauce Whole Wheat Roll Mashed Potatoes Roasted Local Butternut Squash Chilled Peach Cup	18 Cajun Seasoned Tilapia Broccoli & Cheddar Brown Rice Pilaf Locally Grown Garlicky Kale Fresh Banana
21 Cheese Ravioli w/ Zesty Tomato Sauce, Topped w/ Parmesan Cheese Caesar Romaine Salad w/ Parmesan Cheese & Croutons Seasoned Green Beans Locally Grown Apple	22 Southern-Style Shrimp & Cheese Grits Fresh Carrot Sticks w/ Low Fat Salad Dressing Roasted Local Cauliflower Chilled Pineapple Cup	23 BBQ Roasted Bone-In Chicken w/ Homemade Whole Grain Corn Bread Seasoned Local Collard Greens Seasoned Pinto Beans Chilled Peach Cup	24 Happy Thanksgiving!	25 No School
28 Baked Tomato & Beef Florentine Whole Wheat Pasta Roasted Corn & Carrots Chilled Pineapple Cup	29 Red Chili w/ Beef & Kidney Beans, Topped w/ Shredded Cheddar Cheese Homemade Whole Grain Corn Bread Fresh Carrot Sticks w/ Low Fat Salad Dressing Locally Grown Pear	30 Teriyaki Chicken & Local Broccoli Stir-Fry Over Whole Wheat Noodles Stir-Fried Fresh Vegetables w/ Napa Cabbage & Local Bok Choy Fresh Banana	Monday: Grilled Chicken Caesar Romaine Salad w/ Croutons & Whole Wheat Roll Tuesday: Mediterranean Turkey, Mozzarella, & Spinach Whole Wheat Wrap w/ Light Basil Pesto Mayo Wednesday: Mandarin Chicken Pasta Salad w/ Shredded Carrots, Red Cabbage & Mandarin Oranges Thursday: Grilled Chicken Whole Wheat Pasta Salad w/ Broccoli, Carrots, Tomatoes, & Onions Friday: Cobb Salad w/ Turkey Ham, Hard boiled Eggs, Tomato, Romaine, Honey Mustard Dressing, & Whole Wheat Roll	

Healthy Holiday Tip: Choose your favorites – leave off the items that are just there as part of traditional holiday celebrations but not really your favorites. Also, make sure to watch your portion sizes – you can enjoy all your faves in moderation.

Fast Forward

Available Daily: Turkey & Cheddar Sub w/ Romaine & Tomato, Vegetarian Garden Salad w/ Assorted Cheeses & Whole Wheat Dinner Roll. All Sandwiches Offered w/ Carrot Sticks & Light Dressing

Bake & Taste
Available Daily (Vegetarian): Southwest Cheese Quesadilla w/ Salsa

Available Monday, Wednesday, Friday:
 Fresh Baked Cheese Pizza on Whole Wheat Crust

Available Tuesday, Thursday:
 Grilled Chicken Sandwich on a Whole Wheat Bun w/ Ancho Chili Sauce, Romaine, Tomato

Daily Specials:

Monday:

Southwest Turkey Burger w/ Cheddar Cheese & Southwest Mayo on a Whole Wheat Bun w/ Romaine & Tomato
 Vegetable Sides: Tex Mex Corn, Caesar Romaine Side Salad

Tuesday:

Panko-Breaded Fish Sandwich on a Whole Wheat Bun w/ House-Made Tartar Sauce & Romaine Lettuce
 Vegetable Sides: Sweet Potato Wedges, Cucumber Tomato Salad

Wednesday:

Buffalo Chicken Stromboli Made w/ Whole Wheat Bread
 Vegetable Sides: Roma Herb Potato Wedges, Fresh Carrot & Celery Sticks w/ Light Ranch Dressing

Thursday:

Charbroiled Cheddar Cheeseburger on a Whole Wheat Bun w/ Romaine & Tomato
 Vegetable Sides: Savory Baked Beans, Chilled Green Bean Salad

Friday:

All Natural Breaded Chicken Bites w/ BBQ Dipping Sauce & Whole Wheat Roll
 Vegetable Sides: Honey Glazed Carrots, Fresh Side Salad w/ Romaine, Tomato, Light Dressing

Available Daily at Every Station:

Locally Grown Apples from the Mid-Atlantic

High School Lunch Menu, November 2011

Available Daily at Every Station:
Locally Grown Apples from the Mid-Atlantic

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>The cost of a paid student meal is \$1.60 (no charge for reduced price students). Full student lunch includes choice of entrée (meat or meat alternate w/ grain/bread accompaniments), 2 vegetable side dishes, 2 fruit side dishes, & choice of 1% or skim milk.</i></p>				
	1	2	3	4
	Red Chili w/ Beef & Kidney Beans, Topped w/ Shredded Cheddar Cheese Homemade Whole Grain Corn Bread Caesar Romaine Side Salad w/ Parmesan Cheese & Croutons Locally Grown Pear	Teriyaki Chicken & Local Broccoli Stir-Fry Over Whole Wheat Noodles Stir-Fried Fresh Vegetables w/ Napa Cabbage & Local Bok Choy Locally Grown Apple	Rotisserie-Style Bone-in Chicken Whole Wheat Biscuit Seasoned Locally Grown Collard Greens Roasted Sweet Potato Fries Chilled Pineapple Cup	Lemon Pepper Panko Breaded Pollock Whole Wheat Roll Locally Grown Arugula Salad w/ Local Tomatoes & Parmesan Cheese Fresh Banana
7	8	9	10	11
Basil Pesto Pasta Primavera w/ Chicken, Whole Wheat Spaghetti, & Fresh Diced Tomatoes Topped w/ Parmesan Cheese Roasted Local Cauliflower Chilled Peach Cup	Carnitas-Style Beef Soft Tacos in Whole Grain Flour Tortillas Shredded Cheddar, Romaine Lettuce, & Diced Tomatoes for Taco Topping Santa Fe Brown Rice Pilaf Seasoned Pinto Beans Locally Grown Pear	Beef Meatball Marinara w/ Whole Wheat Pasta & Melted Mozzarella Cheese Locally Grown Broccoli w/ Low Fat Salad Dressing Chilled Pineapple Cup	Crispy Fish Tacos w/ Green Chile Sauce in Whole Grain Flour Tortillas Shredded Red Cabbage & Cilantro Lime Pico de Gallo for Taco Topping Seasoned Black Beans Locally Grown Apple	Veteran's Day No School
14	15	16	17	18
All Natural Chicken Hot Dog on a Whole Wheat Bun w/ Choice of Toppings including Ketchup, Mustard, Relish, White Onions, Shredded Cheddar Savory Baked Beans Roasted Sweet Potato Fries Locally Grown Apple	Homemade Cheese & Spinach Lasagna Whole Wheat Roll Seasoned Green Beans Chilled Pineapple Cup	Spicy Asian Glazed Chicken Stir-Fried Brown Rice w/ Veggies Stir-Fried Fresh Vegetables w/ Napa Cabbage & Local Bok Choy Locally Grown Pear	Thanksgiving Dinner Oven Roasted Turkey w/ Gravy Bread Stuffing, Cranberry Sauce Whole Wheat Roll Mashed Potatoes Roasted Local Butternut Squash Chilled Peach Cup	Cajun Seasoned Tilapia Broccoli & Cheddar Brown Rice Pilaf Locally Grown Garlicky Kale Fresh Banana
21	22	23	24	25
Cheese Ravioli w/ Zesty Tomato Sauce, Topped w/ Parmesan Cheese Caesar Romaine Salad w/ Parmesan Cheese & Croutons Seasoned Green Beans Locally Grown Apple	Southern-Style Shrimp & Cheese Grits Fresh Carrot Sticks w/ Low Fat Salad Dressing Roasted Local Cauliflower Chilled Pineapple Cup	BBQ Roasted Bone-In Chicken w/ Homemade Whole Grain Corn Bread Seasoned Local Collard Greens Seasoned Pinto Beans Chilled Peach Cup	Happy Thanksgiving! No School	
28	29	30	Crust N Stuff Available Daily: Fresh Baked Cheese Pizza on Whole Wheat Crust Daily Vegetable Sides: Fresh Side Salad w/ Romaine & Tomatoes, Light Salad Dressing, Cucumber Tomato Salad Monday: BBQ Chicken Pizza Tuesday: Buffalo Chicken Stromboli Wednesday: Meat Lover's Pizza Thursday: Three Cheese & Spinach Calzone Friday: Veggie Lover's Pizza <i>We only use whole wheat crusts and dough!</i>	
Baked Tomato & Beef Florentine Whole Wheat Pasta Roasted Corn & Carrots Chilled Pineapple Cup	Red Chili w/ Beef & Kidney Beans, Topped w/ Shredded Cheddar Cheese Homemade Whole Grain Corn Bread Fresh Carrot Sticks w/ Low Fat Salad Dressing Locally Grown Pear	Teriyaki Chicken & Local Broccoli Stir-Fry Over Whole Wheat Noodles Stir-Fried Fresh Vegetables w/ Napa Cabbage & Local Bok Choy Fresh Banana		

Grab a Stack
Available Daily (Vegetarian): Southwest Cheese Quesadilla w/ Salsa

Monday:
Charbroiled Cheddar Cheeseburger on a Whole Wheat Bun w/ Romaine & Tomato
OR
Spicy Buffalo Chicken Whole Wheat Wrap
Vegetable Sides: Roma Herb Potato Wedges, Fresh Carrot & Celery Sticks w/ Light Ranch Dressing

Tuesday:
Panko-Breaded Fish Sandwich on a Whole Wheat Bun w/ House-Made Tartar Sauce & Romaine Lettuce
OR
Southwest Turkey Burger w/ Cheddar Cheese & Southwest Mayo on a Whole Wheat Bun w/ Romaine & Tomato
Vegetable Sides: Tex Mex Corn, Caesar Romaine Side Salad

Wednesday:
All Natural Meatball Sub in a Whole Wheat Roll w/ Marinara Sauce & Mozzarella Cheese
OR
All Natural Chicken Hot Dog on a Whole Wheat Roll
Vegetable Sides: Sweet Potato Fries, Chilled Green Bean Salad

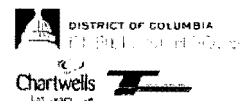
Thursday:
Shredded BBQ Beef Sandwich on a Whole Wheat Roll
OR
Grilled Chicken Sandwich on a Whole Wheat Bun w/ Ancho Chili Sauce, Romaine & Tomato
Vegetable Sides: Savory Baked Beans, Cucumber Tomato Salad

Friday:
Tex-Mex Stuffed Whole Wheat Burrito w/ Fajita Chicken, Brown Rice, Shredded Cheddar, Romaine, & Salsa
OR
All Natural Breaded Chicken Bites w/ BBQ Dipping Sauce & Whole Wheat Roll
Vegetable Sides: Honey Glazed Carrots, Fresh Side Salad w/ Romaine, Tomato, Light Dressing

Deli Bar Choose from daily specialty sandwiches and salads or build your own

Featured Sandwiches of the Day:
See your cafeteria for availabilities

Always Available: Assorted Meats & Cheeses, Whole Wheat Bread, Rolls, & Wraps, Vegetable Toppings, Assorted Condiments, Dressings, & Spreads



Outtakes

Available Daily: Turkey & Cheddar Sub w/ Romaine & Tomato, Vegetarian Garden Salad w/ Assorted Cheeses & Whole Wheat Dinner Roll. All Sandwiches & Pasta Salads Offered w/ Carrot Sticks & Light Dressing

Monday:

Grilled Chicken Caesar Romaine Salad w/ Croutons & Whole Wheat Roll – OR – Turkey Club Sandwich w/ All Natural Turkey Bacon, Romaine, & Tomato on Whole Grain Bread

Tuesday:

Southwest Chipotle Chicken Pasta Salad w/ Whole Wheat Pasta w/ Spinach & Tomatoes – OR – Mediterranean Turkey, Mozzarella, & Spinach Whole Wheat Wrap w/ Light Basil Pesto Mayo

Wednesday:

Mandarin Chicken Pasta Salad w/ Shredded Carrots, Red Cabbage, & Mandarin Oranges –OR-- Oven Roasted Turkey & Provolone Sandwich on a Whole Wheat Bagel w/ Romaine & Tomato

Thursday:

Grilled Chicken Whole Wheat Pasta Salad w/ Broccoli, Carrots, Tomatoes & Onions – OR -- Honey Mustard Turkey Ham & Swiss Sandwich on Whole Grain Bread w/ Romaine & Tomato

Friday:

Cobb Salad w/ Turkey Ham, Turkey Bacon, Hard Boiled Eggs, Tomato, Romaine, Honey Mustard Dressing, & Whole Wheat Roll – OR -- Southwest Chicken Fajita Whole Wheat Wrap w/ Chipotle Aioli & Romaine Lettuce

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Washington DC NSLP November Lunch K- 6 Menu

Monday

Tuesday

Wednesday

Thursday

Friday

November 1

Veggie Chili with Cheese, Whole Wheat Dinner Roll and Fresh Fruit

Beef and Vegetable Cheese Lasagna with Tomato Marinara Sauce, Whole Wheat Dinner Roll and Fresh Fruit

Vegetable Cheese Lasagna with Tomato Marinara Sauce, Whole Wheat Dinner Roll and Fresh Fruit

November 2

Chicken Pasta Alfredo with Fresh Butternut Squash, Whole Wheat Dinner Roll and Fresh Fruit

All Natural Beef Hot Dog on a Fresh Baked Whole Grain Bun with Organic Ketchup, Sea Salt Pita Chips, Baby Carrots and Fresh Fruit

Sunbutter and Jelly Sandwich on a Fresh Baked Whole Grain Bun with Celery Sticks, String Cheese, Individual Whole Grain Cheddar Goldfish Crackers and Fresh Fruit

November 3

Chicken Parmesan with Alfredo Fusilli Pasta, Whole Wheat Dinner Roll, Fresh Steamed Broccoli and Fresh Fruit

Vegetarian Sloppy Joe on a Fresh Baked Whole Grain Bun with Celery Sticks, Sunflower Seeds and Fresh Fruit

BBQ Turkey and Cheese Wrap on a Whole Grain Tortilla with Romaine Lettuce, Creamy BBQ Dressing and Fresh Fruit

November 4

Cheesy Chicken Quesadilla on a Whole Grain Tortilla with Hot Sauce, Baby Carrots and Fresh Fruit

Cheese Pizza by the Slice with a Whole Wheat Crust, Baby Carrots, Sunflower Seeds and Fresh Fruit

Turkey and Cheese Chef Salad with Romaine Lettuce, Ranch Dressing, Whole Wheat Dinner Roll and Fresh Fruit

November 7

Savory Turkey Meatloaf with Pasta Marinara and Parmesan, Whole Wheat Dinner Roll, Sunflower Seeds, Steamed Yellow and Green Zucchini Squash and Fresh Fruit

Pasta Marinara with Parmesan, Whole Wheat Dinner Roll, Steamed Carrots, Yogurt, Sunflower Seeds and Fresh Fruit

Chicken Caesar Salad with Romaine Lettuce, Caesar Dressing, Individual Whole Grain Cheddar Goldfish Crackers and Fresh Fruit

November 8

Buffalo Chicken Wings with Cheesy Rice, Steamed Corn, Individual Whole Grain Cheddar Goldfish Crackers and Fresh Fruit

Macaroni and Cheese with Whole Wheat Dinner Roll, Sunflower Seeds, Steamed Carrots and Fresh Fruit

Sunbutter and Jelly Sandwich with Celery Sticks, String Cheese, Individual Whole Grain Cheddar Goldfish Crackers and Fresh Fruit

November 9

Vegetarian Bean Burger on a Fresh Baked whole Grain Bun with BBQ Sauce Packet, Baby Carrots, Individual Whole Grain Cheddar Goldfish Crackers and Fresh Fruit

All Natural Boneless BBQ Chicken with Brown Rice, Braised Greens and Fresh Fruit

All Natural Turkey and Cheese Sandwich on a Fresh Baked Whole Grain Roll with Green Leaf Lettuce, Mayonnaise on the Side, Sea Salt Pita Chips and Fresh Fruit

November 10

Bean and Cheese Quesadilla on a Whole Grain Tortilla with Hot Sauce, Baby Carrots and Fresh Fruit

All Natural Chili Dog with Cheese on a Fresh Baked Whole Grain Bun, Honey Roasted Soy Nuts, Steamed Corn and Fresh Fruit

Grilled Chicken Sandwich on a Fresh Baked Whole Grain Bun with Mayonnaise on the Side, Honey Roasted Soy Nuts, Baby Carrots and Fresh Fruit

November 11



Washington DC NSLP November Lunch K- 6 Menu

November 14

Spaghetti Marinara with All Natural Meatballs and Cheese, Whole Wheat Dinner Roll, Steamed Carrots and Fresh Fruit

Veggie Chili with Cheese, Whole Wheat Dinner Roll and Fresh Fruit

Chicken Salad Sandwich on a Fresh Baked whole Grain Roll with Green Leaf Lettuce, Sea Salt Pita Chips, Sunflower Seeds and Fresh Fruit

November 21

Chicken Parmesan with Alfredo Fusilli Pasta, Whole Wheat Dinner Roll, Fresh Steamed Broccoli and Fresh Fruit

Pasta Marinara with Parmesan, Whole Wheat Dinner Roll, Steamed Carrots, Yogurt, Sunflower Seeds and Fresh Fruit

Chicken Caesar Salad with Romaine Lettuce, Caesar Dressing, Individual Whole Grain Cheddar Goldfish Crackers and Fresh Fruit

November 15

All Natural Chili Dog with Cheese on a Fresh Baked Whole Grain Bun, Honey Roasted Soy Nuts, Steamed Corn and Fresh Fruit

Garden Vegetable Bean Soup with Sunflower Seeds, Whole Wheat Dinner Roll and Fresh Fruit

Chicken Caesar Salad with Romaine Lettuce, Caesar Dressing, Individual Whole Grain Cheddar Goldfish Crackers and Fresh Fruit

November 22

Beef, Bean and Cheese Burrito on a Whole Grain Tortilla with Corn Salsa, Hot Sauce and Fresh Fruit

Sunbutter and Jelly Sandwich with Celery Sticks, String Cheese, Individual Whole Grain Cheddar Goldfish Crackers and Fresh Fruit

Chicken Salad Sandwich on a Fresh Baked Whole Grain Bun with Green Leaf Lettuce, Sea Salt Pita Chips, Sunflower Seeds and Fresh Fruit

November 16

Beef Soft Taco with Cheese on a Whole Grain Tortilla, Hot Sauce, Spanish Rice, Steamed Yellow and Green Zucchini Squash and Fresh Fruit

Pasta Alfredo with Whole Wheat Dinner Roll, Yogurt, Fresh Butternut Squash and Fresh Fruit

Turkey and Cheese Chef Salad with Romaine Lettuce, Ranch Dressing, Whole Wheat Dinner Roll and Fresh Fruit

November 23

Savory and Juicy Oven Roasted Turkey with Delicious Traditional Gravy, Stuffing, Smashed Candied Sweet Potatoes, Whole Wheat Dinner Roll and Fresh Fruit

Cheese Pizza by the Slice with a Whole Wheat Crust, Baby Carrots, Sunflower Seeds and Fresh Fruit

Dairy Free All Natural Turkey Sandwich on a Fresh Baked Whole Grain Roll with Green Leaf Lettuce, Mayonnaise on the Side, Sea Salt Pita Chips and Fresh Fruit

November 17

Chicken Teriyaki with Broccoli Stir Fry, Brown Rice and Fresh Fruit

Sunbutter and Jelly Sandwich with Celery Sticks, String Cheese, Individual Whole Grain Cheddar Goldfish Crackers and Fresh Fruit

Southwest Chicken Salad with Romaine Lettuce, Ranch Dressing, Whole Wheat Dinner Roll and Fresh Fruit

November 24

November 18

Savory and Juicy Oven Roasted Turkey with Delicious Traditional Gravy, Stuffing, Smashed Candied Sweet Potatoes, Whole Wheat Dinner Roll and Fresh Fruit

Veggie Wrap on a Whole Grain Tortilla with Romaine Lettuce, Lemon Garlic Yogurt Dressing and Fresh Fruit

Turkey and Cheese Chef Salad with Romaine Lettuce, Ranch Dressing, Whole Wheat Dinner Roll and Fresh Fruit

November 25



Washington DC NSLP November Lunch 7-12 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	<u>November 1</u>	<u>November 2</u>	<u>November 3</u>	<u>November 4</u>
	Veggie Chili with Cheese , Whole Wheat Dinner Roll and Fresh Fruit	Chicken Pasta Alfredo with Fresh Butternut Squash, Whole Wheat Dinner Roll and Fresh Fruit	Chicken Parmesan with Alfredo Fusilli Pasta, Whole Wheat Dinner Roll, Fresh Steamed Broccoli and Fresh Fruit	Cheesy Chicken Quesadilla on a Whole Grain Tortilla with Hot Sauce, Baby Carrots and Fresh Fruit
	Beef and Vegetable Cheese Lasagna with Tomato Marinara Sauce, Whole Wheat Dinner Roll and Fresh Fruit	All Natural Beef Hot Dog on a Fresh Baked Whole Grain Bun with Organic Ketchup, Sea Salt Pita Chips, Baby Carrots and Fresh Fruit	Vegetarian Sloppy Joe on a Fresh Baked Whole Grain Bun with Celery Sticks, Sunflower Seeds and Fresh Fruit	Cheese Pizza by the Slice with a Whole Wheat Crust, Baby Carrots, Sunflower Seeds and Fresh Fruit
	Vegetable Cheese Lasagna with Tomato Marinara Sauce, Whole Wheat Dinner Roll and Fresh Fruit	Sunbutter and Jelly Sandwich on a Fresh Baked Whole Grain Bun with Celery Sticks, String Cheese, Individual Whole Grain Cheddar Goldfish Crackers and Fresh Fruit	BBQ Turkey and Cheese Wrap on a Whole Grain Tortilla with Romaine Lettuce, Creamy BBQ Dressing and Fresh Fruit	Chicken Salad Sandwich on a Fresh Baked Whole Grain Roll with Green Leaf Lettuce, Sea Salt Pita Chips, Sunflower Seeds and Fresh Fruit
	Chicken Caesar Salad with Romaine Lettuce, Caesar Dressing, Individual Whole Grain Cheddar Goldfish Crackers and Fresh Fruit	Turkey and Cheese Chef Salad with Romaine Lettuce, Ranch Dressing, Whole Wheat Dinner Roll and Fresh Fruit	Vegetarian Taco Salad with Romaine Lettuce, Taco Salad Dressing, Individual Whole Grain Cheddar Goldfish Crackers and Fresh Fruit	Turkey and Cheese Chef Salad with Romaine Lettuce, Ranch Dressing, Whole Wheat Dinner Roll and Fresh Fruit
<u>November 7</u>	<u>November 8</u>	<u>November 9</u>	<u>November 10</u>	<u>November 11</u>
Savory Turkey Meatloaf with Pasta Marinara and Parmesan, Whole Wheat Dinner Roll, Sunflower Seeds, Steamed Yellow and Green Zucchini Squash and Fresh Fruit	Buffalo Chicken Wings with Cheesy Rice, Steamed Corn, Individual Whole Grain Cheddar Goldfish Crackers and Fresh Fruit	Vegetarian Bean Burger on a Fresh Baked whole Grain Bun with BBQ Sauce Packet, Baby Carrots, Individual Whole Grain Cheddar Goldfish Crackers and Fresh Fruit	Bean and Cheese Quesadilla on a Whole Grain Tortilla with Hot Sauce, Baby Carrots and Fresh Fruit	
Pasta Marinara with Parmesan , Whole Wheat Dinner Roll, Steamed Carrots, Yogurt, Sunflower Seeds and Fresh Fruit	Macaroni and Cheese with Whole Wheat Dinner Roll, Sunflower Seeds, Steamed Carrots and Fresh Fruit	All Natural Boneless BBQ Chicken with Brown Rice, Braised Greens and Fresh Fruit	All Natural Chili Dog with Cheese on a Fresh Baked Whole Grain Bun, Honey Roasted Soy Nuts, Steamed Corn and Fresh Fruit	
BBQ Turkey and Cheese Wrap on a Whole Grain Tortilla with Romaine	Chicken Salad Sandwich on a Fresh Baked whole Grain Roll with Green Leaf Lettuce, Sea Salt Pita Chips, Sunflower Seeds and Fresh	All Natural Turkey and Cheese Sandwich on a Fresh Baked Whole Grain Roll with Green Leaf Lettuce, Mayonnaise on the Side, Sea Salt Pita	Grilled Chicken Sandwich on a Fresh Baked Whole Grain Bun with Mayonnaise on the Side, Honey Roasted Soy Nuts, Baby Carrots and Fresh Fruit	



Washington DC NSLP November Lunch 7-12 Menu

Lettuce, Creamy BBQ Dressing and Fresh Fruit

Chicken Caesar Salad with Romaine Lettuce, Caesar Dressing, Individual Whole Grain Cheddar Goldfish Crackers and Fresh Fruit

Fruit

Sesame Chicken Salad with Sesame Vinaigrette, Sesame Sticks, Whole Wheat Dinner Roll and Fresh Fruit

Chips and Fresh Fruit

Picnic Pasta Salad with Chicken and Green Leaf Lettuce, Individual Whole Grain Cheddar Goldfish Crackers and Fresh Fruit

Turkey and Cheese Chef Salad with Romaine Lettuce, Ranch Dressing, Whole Wheat Dinner Roll and Fresh Fruit

November 14

Spaghetti Marinara with All Natural Meatballs and Cheese, Whole Wheat Dinner Roll, Steamed Carrots and Fresh Fruit

Veggie Chili with Cheese, Whole Wheat Dinner Roll and Fresh Fruit

Chicken Salad Sandwich on a Fresh Baked whole Grain Roll with Green Leaf Lettuce, Sea Salt Pita Chips, Sunflower Seeds and Fresh Fruit

Sesame Chicken Salad with Sesame Vinaigrette, Sesame Sticks, Whole Wheat Dinner Roll and Fresh Fruit

November 15

All Natural Chili Dog with Cheese on a Fresh Baked Whole Grain Bun, Honey Roasted Soy Nuts, Steamed Corn and Fresh Fruit

Garden Vegetable Bean Soup with Sunflower Seeds, Whole Wheat Dinner Roll and Fresh Fruit

BBQ Turkey and Cheese Wrap on a Whole Grain Tortilla with Romaine Lettuce, Creamy BBQ Dressing and Fresh Fruit

Chicken Caesar Salad with Romaine Lettuce, Caesar Dressing, Individual Whole Grain Cheddar Goldfish Crackers and Fresh Fruit

November 16

Beef Soft Taco with Cheese on a Whole Grain Tortilla, Hot Sauce, Spanish Rice, Steamed Yellow and Green Zucchini Squash and Fresh Fruit

Pasta Alfredo with Whole Wheat Dinner Roll, Yogurt, Fresh Butternut Squash and Fresh Fruit

Chicken Salad Sandwich on a Fresh Baked whole Grain Roll with Green Leaf Lettuce, Sea Salt Pita Chips, Sunflower Seeds and Fresh Fruit

Turkey and Cheese Chef Salad with Romaine Lettuce, Ranch Dressing, Whole Wheat Dinner Roll and Fresh Fruit

November 17

Chicken Teriyaki with Broccoli Stir Fry, Brown Rice and Fresh Fruit

Pasta with Zesty Beef and Cheese, Whole Wheat Dinner Roll, Steamed Corn and Fresh Fruit

Sunbutter and Jelly Sandwich with Celery Sticks, String Cheese, Individual Whole Grain Cheddar Goldfish Crackers and Fresh Fruit

Southwest Chicken Salad with Romaine Lettuce, Ranch Dressing, Whole Wheat Dinner Roll and Fresh Fruit

November 18

Savory and Juicy Oven Roasted Turkey with Delicious Traditional Gravy, Stuffing, Smashed Candied Sweet Potatoes, Whole Wheat Dinner Roll and Fresh Fruit

Chicken Caesar Wrap on a Whole Grain Tortilla with Romaine Lettuce, Caesar Dressing, Individual Whole Grain Cheddar Goldfish Crackers and Fresh Fruit

Veggie Wrap on a Whole Grain Tortilla with Romaine Lettuce, Lemon Garlic Yogurt Dressing and Fresh Fruit

Turkey and Cheese Chef Salad with Romaine Lettuce, Ranch Dressing, Whole Wheat Dinner Roll and Fresh Fruit

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Washington DC NSLP November Lunch 7-12 Menu

November 21

Chicken Parmesan with Alfredo Fusilli Pasta, Whole Wheat Dinner Roll, Fresh Steamed Broccoli and Fresh Fruit

Pasta Marinara with Parmesan, Whole Wheat Dinner Roll, Steamed Carrots, Yogurt, Sunflower Seeds and Fresh Fruit

BBQ Turkey and Cheese Wrap on a Whole Grain Tortilla with Romaine Lettuce, Creamy BBQ Dressing and Fresh Fruit

Chicken Caesar Salad with Romaine Lettuce, Caesar Dressing, Individual Whole Grain Cheddar Goldfish Crackers and Fresh Fruit

November 28

Chicken Pasta Alfredo with Fresh Butternut Squash, Whole Wheat Dinner Roll and Fresh Fruit

Dairy Free Revy Burger on a Fresh Baked Whole Grain Bun with Organic Ketchup, Baby Carrots and Fresh Fruit

Chicken Caesar Wrap on a Whole Grain Tortilla with Romaine Lettuce, Caesar Dressing, Individual Whole Grain Cheddar Goldfish Crackers and Fresh Fruit

Vegetarian Chef Salad with Romaine Lettuce, Ranch Dressing, Whole Wheat Dinner Roll and Fresh

November 22

Beef, Bean and Cheese Burrito on a Whole Grain Tortilla with Corn Salsa, Hot Sauce and Fresh Fruit

Grilled Chicken Sandwich on a Fresh Baked Whole Grain Bun with Mayonnaise on the Side, Honey Roasted Soy Nuts, Baby Carrots and Fresh Fruit

Sunbutter and Jelly Sandwich with Celery Sticks, String Cheese, Individual Whole Grain Cheddar Goldfish Crackers and Fresh Fruit

Chicken Salad Sandwich on a Fresh Baked Whole Grain Bun with Green Leaf Lettuce, Sea Salt Pita Chips, Sunflower Seeds and Fresh Fruit

November 29

Buffalo Chicken Wings with Cheesy Rice, Steamed Corn, Individual Whole Grain Cheddar Goldfish Crackers and Fresh Fruit

Fiesta Bowl with Cheese (Brown Rice), Steamed Corn, Sea Salt Pita Chips and Fresh Fruit

Dairy Free All Natural Turkey Sandwich on a Fresh Baked Whole Grain Roll with Green Leaf Lettuce, Mayonnaise on the Side, Sea Salt Pita Chips and Fresh Fruit

November 23

Savory and Juicy Oven Roasted Turkey with Delicious Traditional Gravy, Stuffing, Smashed Candied Sweet Potatoes, Whole Wheat Dinner Roll and Fresh Fruit

Cheese Pizza by the Slice with a Whole Wheat Crust, Baby Carrots, Sunflower Seeds and Fresh Fruit

Dairy Free All Natural Turkey Sandwich on a Fresh Baked Whole Grain Roll with Green Leaf Lettuce, Mayonnaise on the Side, Sea Salt Pita Chips and Fresh Fruit

Picnic Pasta Salad with Chicken and Green Leaf Lettuce, Individual Whole Grain Cheddar Goldfish Crackers and Fresh Fruit

November 30

All Natural Boneless BBQ Chicken with Brown Rice, Braised Greens and Fresh Fruit

Veggie Chili with Cheese, Whole Wheat Dinner Roll and Fresh Fruit

Chicken Salad Sandwich on a Fresh Baked Whole Grain Bun with Green Leaf Lettuce, Sea Salt Pita Chips, Sunflower Seeds and Fresh Fruit

Turkey and Cheese Chef Salad with Romaine Lettuce, Ranch Dressing, Whole Wheat Dinner Roll



Washington DC NSLP November Lunch 7-12 Menu

Fruit

Chicken Caesar Salad with and Fresh Fruit
Romaine Lettuce, Caesar Dressing,
Individual Whole Grain Cheddar
Goldfish Crackers and Fresh Fruit

CHEF RESERVES THE RIGHT TO CHANGE MENU FOR SEASONALITY AND NEW MENU INNOVATION. Quality Standards: Our menus are based on fresh items, and we use organic, locally produced ingredients whenever possible. Our meats, baked goods, and produce meet Whole Foods Market's stringent food standards. All Revolution Foods' meals are served with **rBST-free skim milk or 1% milk** and **fresh fruit**. **Vegetarian and dairy-free options available daily.**

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